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KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Royal birth, day 2. Couple still deciding on name for newest royal

A beaming Prince William and his wife, Kate, emerged from a London hospital on Tuesday with their newborn baby boy, presenting the world with a first glimpse of the prince who is third in line to the throne.

The royal couple, both 31, looked happy and relaxed as they waved at the crowds of journalists and onlookers gathered outside London's St. Mary's Hospital, posing for photographs and joking with reporters.

Kate, wearing a baby-blue polka-dot Jenny Packham dress, smiled and waved as she stepped out from the hospital doors with the future monarch in her arms.

"It's very emotional. It's such a special time. I think any parent will know what this feeling feels like,"

she told journalists.

Kate then gave the baby to her husband, who, cradling their child, said: "He's got her looks, thankfully. He's got a good pair of lungs on him, that's for sure."

William laughed when a reporter asked him about the baby's hair. "He's got way more than me, thank God," he said.

The couple also revealed that William has had a go at changing the infant's first diaper. "He's very good at it," Kate said.

The new parents drew whoops and applause from well-wishers as they revealed the newest member of Britain's royal family. William said they're still trying to decide what to name the little prince.

The couple re-entered the hospital to place the child in a car seat before re-emerging to get into an SUV. Palace officials said they will head to an apartment in Kensington Palace and spend the night there.

For more coverage, see page 6.
THE ASSOCIATED PRESS



LIVE 88.5 fm

Home is who your staff are: Residents

An Ottawa home for the blind and disabled is no longer facing the threat of closure, but some are questioning why there has been complete changeover in caregivers

PAGE 4

Getting his pucks in a row

Team Canada GM Steve Yzerman is looking for speed and skill at next month's tryouts for the 2014 Winter Olympics in Sochi, Russia. Metro takes a peak at who will likely make the cuts

PAGE 17

Can you spot the homage?



Kate and the late Princess Diana looked lovely in similar polka-dot dresses, which they both wore the first time they showed their offspring to the world, 31 years apart. Kate's flowy baby-blue number appears to have been a tribute to Diana. METRO



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Beliebers' faith can't be shaken

Canadian Tire Centre.
Concert gets off to late start but all is forgiven by adoring fans

 GRAHAM LANKTREE
graham.lanktree@metronews.ca

Fans came from near and far to be swept up in the effervescent excitement when international pop sensation Justin Bieber flew onto the stage at Canadian Tire Centre Tuesday night.

He was a little late, but that was quickly forgiven by fans when he descended onto the stage supported by angel wings and surrounded by pyrotechnics and laser light to perform All Around the World. Bieber quickly chatted up the crowd after the tune and sang a couple bars a cappella.

Some travelled from as far away as South America and Labrador's Happy Valley-Goose Bay to see the show before the seemingly never-ending Believe tour's North American leg wraps up Aug. 10 in Atlanta, Ga.

"It's about two days drive on a dirt road and then you hit the highway in Quebec and it's straight on," said father George



Justin Bieber brings his Believe tour to Ottawa on Tuesday. GRAHAM LANKTREE/METRO

Andrews, who brought his daughter Breana from Labrador to the concert for her 14th birthday. "We just got a call that at 4:15 p.m. we're going for the meet-and-greet with Justin. We

bought two really expensive tickets. We're in the first three rows."

Breana, a fan since Bieber's YouTube days, said she would try to keep her cool while meet-

ing the star.

"I'll try, try to be civil," she said, adding that "it was a little mind blowing" seeing her first Bieber concert in Montreal last November.

"They love him so much and he's the most important thing in this world for them," Valentina Zorrilla said of a book of 200 letters penned by Bieber's fan club in Colombia, which she hand-delivered to Bieber's mom Pattie Mallette at a book signing earlier in the day.

Zorrilla travelled to Ottawa from Colombia with her parents Freddie and Maria to see the show for her 15th birthday.

"In Colombia, 15 years is important," said Freddie. "In Canada and the U.S., it's 16."

Bieber's recent antics speeding in a Lamborghini in Dubai and urinating into a mop bucket in a New York City restaurant left many parents unfazed.

"I remember being a teenager and what we used to do. It's just because he's in the public eye all the time. Sometimes I feel sorry for him; he can't just be a teenager," said Debbie Pilon, who brought her seven-year-old daughter Tegan to the show.

"I like him because he's a good singer and he's cute," Tegan said, adding her favourite song is Beauty and a Beat. "I've liked him for a long time."



Follow Graham Lanktree on Twitter @MetroGraham

Bieber's mom draws own flock of teen fans



Justin Bieber's mom, Pattie Mallette, left, accepts 200 letters from Colombia's Bieber fan club Tuesday. GRAHAM LANKTREE/METRO

About 175 screaming fans proved Justin Bieber's mom Pattie Mallette is a draw in her own right as she connected with teens while signing her new book in Ottawa on Tuesday.

"The only reason I wrote this book was to really help inspire other people who have been through difficult circumstances," said Mallette of her memoir Nowhere But Up: The Story of Justin Bieber's Mom,

before signing copies at the Pinecrest Shopping Centre Chapters.

"For me, when I was growing up tackling some darkness — especially the abuse, depression and anxiety — somebody would share with me their story," Mallette said. "It would really give me hope."

Bieber was born when she was 17.

"When we moved out of the crisis pregnancy centre, I lived

in government housing," Mallette said. "I was on social assistance, I worked two to three jobs trying to put food on the table and sometimes going to food banks."

But her troubles didn't start there. In the book, she shares that from birth she found herself in abusive relationships. Her biological father beat her mother, she was sexually abused from age five after her father left and at 17 she at-

tempted suicide.

An important part of her own life was having a mentor, she said, adding that a man at her local youth centre helped steer her on a better path.

Although her son has gotten into trouble lately, Mallette said, strong male role models surround him.

"Even his manager Scooter is a great mentor for him," she said.

GRAHAM LANKTREE/METRO

Prison. Killer in iPod mugging dies after assault

An Ottawa man jailed for murdering another man over an iPod has died at the Collins Bay Institution following a "serious assault," the OPP says.

The provincial police said in a news release that on Sunday, members of the joint-forces penitentiary squad responded to the assault at Collins Bay Institution in Kingston.

Around 3:05 p.m., two male inmates were involved in a fight and then taken to hospital. A 41-year-old man was

treated and returned to the institution, but Shawn McKenzie, 24, died in hospital Tuesday, the OPP said.

A post-mortem examination is being scheduled and the OPP said the penitentiary squad, under the direction of OPP Det. Insp. Rob Hagerman, is continuing the investigation.

McKenzie was convicted in 2009 of murdering Daniel Oatway during a September 2006 mugging on an OC Transpo bus.

County Road 2

Motorcyclist hurt in collision

A 46-year-old motorcyclist was sent to an Ottawa hospital with serious injuries after a collision with an impaired pickup truck driver, police say.

The OPP said they responded to reports of a crash on County Road 2 near Ingleside Tuesday.

Glendon Brownlee, 71, was charged with impaired driving causing bodily harm and dangerous operation of a motor vehicle. METRO

Royal baby. Send your congrats to Will and Kate



Mayor Jim Watson signs a book of congratulations for Will and Kate. JOE LOFARO/METRO

Commission to give to William and Kate. JOE LOFARO/METRO

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NEWS

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Gerry Long, 37, said, "It's my house!" as he protested a complete change of caregivers at his group home in Ottawa, which was saved Tuesday when the Liberals mustered three new agencies to manage it. GRAHAM LANKTREE/METRO

Group home cynically saved by Liberals: NDP

Was facing closure.

Clients and family question why old staffers at home for disabled being ditched



GRAHAM
LANKTREE
graham.lanktree.metronews.ca

Instead of being forced from their home, 15 blind and developmentally disabled Ottawans will get new staff for their group home from the Liberal government — but NDP Leader Andrea Horwath isn't buying it.

"I was contacted by TELCI workers last week who were very concerned about the changes happening," said Horwath, noting two Therapeutic & Education Living Centres

Inc. homes in Ottawa nearly shut down before the province stepped in Tuesday.

A lack of provincial funding led to the threat of closure in the first place, said Horwath. The group's \$1.6-million budget, funded largely through money from the province, has not grown since 2009 and similar services across the province are coping with inflation and closure, she said.

"Where there's a potential for something to go wrong, they all of a sudden get busy," said Horwath of the Liberal response to the impending closure as she campaigned for the Ottawa South byelection, "not for the people involved, but for their own political fortunes."

Rather than break up the family of residents, some who have lived with one another for 28 years, the government

has rallied the support of three agencies to take over operation of the group homes with workers from the same union.

Now the residents, their parents and care providers are wondering why the current caregivers aren't allowed to stay on.

"It's taken its toll on him," said Christine Forget of her 63-year-old brother Yves Vинette, who has lived in the home nearly 30 years, and became distressed when he found out his home could potentially disappear. "He wants to remain with the staff."

"He doesn't adapt well to change," she added. "Whenever they've changed his worker in the past, he takes forever to adapt to a new person. I'm very fearful of what's going to happen when he wakes up in the morning and his house is filled with strangers."

Drug deal gone wrong? Alleged victim of screwdriver stabbing recounts attack

Christian Nkusi sat calmly in an Ottawa courthouse as a man recounted the morning Nkusi allegedly stabbed him multiple times in the neck with a screwdriver before leaving him for dead.

Handle Farah, 37, claims the stabbing resulted from a crack deal gone wrong. On the morning of Aug. 21, 2012, Farah said he asked to buy a gram of crack cocaine from Nkusi for \$80. Farah only had \$20.

"I came here for \$20?

(Nkusi) was upset before the stabbing," Farah told Crown prosecutor John Semenoff.

Farah, who said he has been off drugs for seven months, explained there was also an issue with Nkusi's Rwandan passport. The passport was found in Farah's former apartment on Van Lang Private in Ottawa's west side as paramedics worked to save Farah's life.

Farah told Nkusi's defence attorney Jeff Langevin that the passport had simply fallen off the table, and he later hid it under a carpet in the apartment. When asked why he kept it, Farah said, "OK, maybe I thought, 'You want your passport, give me some drugs.'"

Nkusi has been charged with attempted murder in relation to the incident and has pleaded not guilty. A Canada-wide search warrant was issued for him in August 2012.

Farah's testimony is scheduled to continue tomorrow.

ALEX BOUTILIER/METRO

DID YOU KNOW?

FACT:

Wireless rates in Canada are typically lower than in the U.S., in some cases up to 40% lower¹ and smartphone monthly plans are actually less expensive in Canada than in the United States.²

Source:

(1) Wall Communications Report, prepared for CRTC, July 2013.

(2) Scotiabank, March 7, 2013

CANADA  A WORLD LEADER IN WIRELESS



Let it be free. Survivors of Lac-Mégantic disaster invited to see Sir Paul

Hearing music icon Paul McCartney play Tuesday night on Quebec City's historic Plains of Abraham is a little more special for Caroline Tremblay than the average rock fan.

Her husband was a big admirer of the former Beatle.

Tremblay's husband, Guy Bolduc, was among the dozens killed when fireballs from an exploding train devastated Lac-Mégantic's downtown and engulfed the bar where he was performing.

"He adored Mr. McCartney," Tremblay wrote in a moving letter to promoter 3 E Event, Experience, Emotion, which offered free tickets to the musician's show for Lac-Mégantic survivors.

"You have allowed my children and me to discover the musical universe of this great artist and (a chance to) bathe in



Paul McCartney performs in Halifax in 2009. THE CANADIAN PRESS FILE

music at a party surrounded by our friends."

The free ticket idea was floated to McCartney's team by the promoter at the beginning of last week. The former Beatle's entourage quickly agreed.

THE CANADIAN PRESS

Trains with dangerous goods. Transport Canada toughens safety rules

Canadian transportation authorities banned one-man crews for trains with dangerous goods Tuesday, responding to calls for tougher regulations after an oil train derailment in Quebec killed 47 people.

Transport Canada also said trains with dangerous goods will not be allowed to be left unattended on a main track. Hand brakes must be applied to trains left one hour or more.

The tragedy occurred when a runaway train carrying 72 carloads of crude oil derailed, hurtled down an incline and slammed into downtown Lac-Mégantic. Several cars exploded

Tying up loose ends

"The disaster brought to light several industry practices which have caused some concern."

Gerard McDonald, assistant deputy minister of safety and security at Transport Canada

and 40 buildings were levelled.

Transport Canada also is giving rail operators five days to ensure nobody without authorization can enter the cab of unattended locomotives on a main track or sidings.

THE ASSOCIATED PRESS

Premiers' summit

More female leaders, but gov't still far from equal

When Canada's premiers sit down Thursday for their semi-annual summit, they'll be making history by changing the face of provincial and territorial leadership.

For the first time, there will be six women at the meeting in Niagara-on-the-Lake, Ont., representing about 85 per cent of the country's population. And at the head of the table will be Kathleen Wynne, who

was sworn in as Ontario's first woman premier just six months ago.

"I was just talking to a grandmother who was saying her granddaughter wants to be the prime minister," Wynne said in an interview.

"The fact is that it's very important that people see themselves represented."

But the appearance of gender equality can be deceiving, experts say. Even though six provinces and territories are led by women, female representation hasn't improved in the legislatures, said Christine de Clercy of the University of Western Ontario. **THE CANADIAN PRESS**



Safe in the arms of the Duchess of Cambridge, the new royal baby, born Monday, is introduced to the public at St. Mary's Hospital on Tuesday. THE ASSOCIATED PRESS

Naming the U.K.'s next generation

The first chapter.

British bookmakers have taken thousands of bets on the monikers George and James

The Victorians. The Edwardians. The Elizabethans.

Royal names can define a generation. So imagine the pressure on the new parents to pick the right one.

Now that Prince William and his wife Kate have a baby boy — the third in line for the throne — they must choose the name for a royal who may take

Branding for babies

"The public's image of this child could quite possibly be influenced by the baby's name."

Albert Mehrabian, a professor emeritus of psychology at UCLA and an expert on baby names

Britain into the 22nd century. They'll start by considering British monarchs from the past.

Elizabeth I offered her name to the golden era in which Britannia ruled the waves and the Elizabethans consolidated a renaissance of national prosperity. Victoria's reign was defined by rapid industrialization with straight-

backed Victorian morality. Her son, Edward VII, lent his name to the champagne and cigar period before World War I in which the rigid class system came under attack.

"Names do define an era," said Robert Lacey, a royal historian, who has written books on Prince William's mother and grandmother. "Who knows as we look into the fu-

ture what will happen."

With so many people to please — inside and outside the palace walls — the House of Windsor is likely to pick more than one name for the boy who was born in London on Monday. After all, his father Prince William, a.k.a. William Arthur Philip Louis, has four. There may be a nod to great-grandfather Prince Philip, or grandfathers Prince Charles and Michael Middleton, Kate's father. Or King Arthur. Or a host of other dead kings.

But the first name, that has to hit the right note. It is likely to hang around a bit.

THE ASSOCIATED PRESS

Baby could signify an open age of Royals



A boy waits outside the hospital where the prince was born. THE ASSOCIATED PRESS

This child, whatever his name, is likely to mark a watershed in the relationship between the royals and their subjects.

Prince William chose to eschew a royal match and married a commoner from the village of Bucklebury — continuing the process of making monarchy more accessible — an idea championed by his mother, Princess Diana.

The heir may give a name to a new century, to a country that has changed so much socially and philosophically that the daughter of a flight attendant and an air traffic controller is now in line to be queen.

"This is the historical element of this," royal historian Robert Lacey said. "Let us see how that is reflected in the names." **THE ASSOCIATED PRESS**

'Maybe Hitler didn't kill enough of them'

France. Lawmaker on defensive after comment about Gypsies made public

A French lawmaker is defending himself against accusations that he told a group of Gypsies he wished the Nazis had killed more members.

bers of the minority during the Second World War.

Gilles Bourdouleix, a member of parliament and mayor for the town of Cholet near Nantes, had a confrontation with Gypsies on Sunday, when he visited a field owned by the town where Gypsies are illegally living in caravans. He asked them to leave.

The Courrier de l'Ouest newspaper, which had a jour-

nalist at the scene, reported that some of the Gypsies made Nazi salutes at Bourdouleix and that he responded by saying: "Maybe Hitler didn't kill enough of them." On Monday, the paper released a recording on its website on which the lawmaker can be heard saying that.

On Tuesday, Bourdouleix told the French television station iTELE that he was merely

A painful history

Europe's Gypsies were persecuted and deported to concentration and death camps by the Nazis during the Second World War.

repeating a statement the journalist had made.

THE ASSOCIATED PRESS



A child poses for a photograph in a Gypsy camp in Wissous, outside Paris, in August 2012. JACQUES BRINON/THE ASSOCIATED PRESS FILE

Alleged torture

Dutch court blocks extradition to U.S. of terror suspect

Dutch judges blocked the extradition Tuesday of a terror suspect to the United States, saying he was tortured in Pakistan after his 2010 arrest and it is unclear whether American authorities had any involvement.

The Hague Court of Appeal ruling was a significant victory for the man identified only as Sabir K. in his attempts to avoid being sent for trial in America, but Dutch authorities can still

launch a final appeal to the country's Supreme Court.

"He is very satisfied that the role of the Americans is finally being looked at in a critical light," his lawyer Andre Seebregts said. "He has said from the very beginning that the Americans were involved."

Sabir K., who has Dutch and Pakistani nationality, was arrested in Pakistan in 2010 and expelled to the Netherlands in 2011. U.S. authorities accuse him of working with al-Qaida from 2004 to 2010, and of plotting a suicide attack on an American military base in Afghanistan.

THE ASSOCIATED PRESS



On the hunt for Nazis

A placard reading "Operation last chance — late but not too late" is displayed in Berlin on Tuesday. With 2,000 placards in Berlin, Hamburg and Cologne, the Simon Wiesenthal Center launched another campaign to find and prosecute Nazi war criminals while they are still alive. Efraim Zuroff, the centre's top Nazi-hunter, told reporters the centre would provide up to \$32,800 US in reward money for information that leads to the investigation and prosecution of war criminals.

GERO BRELOER/THE ASSOCIATED PRESS

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HUDSON'S BAY

Ongoing tiff

Finance minister enters credit-card fees dispute

The federal finance minister is stepping into a fee dispute between Canada's merchants and the big credit-card companies after the Competition Tribunal sided with Visa and MasterCard in a landmark ruling.

Jim Flaherty said that in light of the ruling, he will convene a special meeting of the government's FinPay Committee. **THE CANADIAN PRESS**

Sorry college kids...

The Bank of Mom and Dad is closed

U.S. college costs are driving decisions about which schools to attend, what to study and even where to live, according to a report from loan giant Sallie Mae.

Parents no longer foot the

largest portion of the bill, according to the lender's annual survey. **THE ASSOCIATED PRESS**

Expensive cities

Vancouver is pricey, but it's no Luanada

A new study says Vancouver is the most expensive city in Canada, but it doesn't crack the top 10 as one of the costliest cities for expatriate employees to be transferred to because of their jobs.

The city of Luanada in Angola is the world's most expensive city for expats.

THE CANADIAN PRESS

FDA review on cigarettes

Think menthols are better? Think again

A Food and Drug Administration review concludes that menthol cigarettes likely pose a greater public-health risk than regular cigarettes.

THE ASSOCIATED PRESS

Market Minute

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OIL
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This project is funded in part by the Government of Canada's Youth Employment Strategy.

Shopaholics' spending shocks economists

In the mood to splurge. Canadians indulged in some retail therapy, surprising experts and boosting expectations for economic growth

Canadian consumers went on a shopping spree in May, triggering a stunning jump in retail sales that will almost certainly help boost second-quarter economic growth beyond expectations.

The raw numbers stunned economists that had expected a modest 0.4 per cent bump. Instead, Statistics Canada said the retail sector boosted sales five times that by 1.9 per cent during the month to \$40.4 billion.

Particularly meaningful for gross domestic product growth, sales in volume terms also expanded by 1.9 per cent, meaning the increase was not related to currency fluctuations.

"It's hard to say what happened," said Jimmy Jean, an economist with Desjardins Capital Markets. "Everything went right, it seems."

"We're probably seeing a



I'll take those in yellow, pink and black, please. Economists say a stunning jump in Canadian retail sales in May points to stronger economic growth. **KEITH BEATY/TORSTAR NEWS SERVICE FILE**

Go ahead buy more shoes, it's apparently good for the economy

"With sales up 1.9 per cent in real terms, forecasts for May GDP will be revised higher, as will our forecast for Q2."

CIBC chief economist Avery Shenfeld, who is rarely counted among the bulls on growth, said in a note to clients.

in jeopardy the Bank of Canada's bleak expectation for a meagre one per cent growth

number in the second quarter.

THE CANADIAN PRESS

MLSE. New CEO may bring music festivals to Ontario

Tim Leiweke is a man with a plan — actually he's a man with many plans.

But first he wants to concentrate on the basics.

Maple Leaf Sports & Entertainment's (MLSE) new CEO has helmed a similar company, Anschutz Entertainment Group, before.

Music was right up there with overseeing NBA, NHL and MLS teams as well as myriad arenas and facilities around the globe.

"I think there's an opportunity to do festivals in Ontario

and in Toronto," he said.

But before taking MLSE down some of the disparate roads he travelled at AEG, he says, "I'd like MLSE to be good at Toronto first."

"I think we need to stay focused on Toronto.... So this is about trying to get the teams to a point where we're winning. Trying to get to a point where our facilities are best in class. And from a music standpoint, I still think there's room and growth in this marketplace, before we start thinking outside the box." **THE CANADIAN PRESS**



Montrealer Claire Boucher, a.k.a. Grimes, performs at Coachella this past April. The boss of Maple Leaf Sports & Entertainment says he sees opportunity in putting on a music festival in Ontario. **JOHN SHEARER/INVISION/THE ASSOCIATED PRESS**

'Wake-up call.' Canadian company facing lawsuits for overseas incidents

Three lawsuits against a Canadian mining company over alleged shootings and gang rapes at a Guatemalan project will be

allowed to proceed in Canada following a ruling that makes it possible for firms to face liability at home for incidents that occur overseas.

Lawyers for the plaintiffs, 13 Mayan Guatemalans, said the decision is a "wake-up call" for Canadian companies about their responsibilities at foreign mining projects.

"This step in the case uses existing legal rules that have not been applied in this way before," lawyer Murray Klippenstein said in an interview Tuesday. "Mining companies, and maybe other companies operating abroad, need to take a very, very serious look at the possibility or likelihood that shenanigans abroad that they thought would never result in liability may result

in accountability in Canadian courts."

The suits allege that security personnel, along with members of the police and military, attacked and raped 11 women in 2007 who were forcibly removed from their village in relation to the Fenix project.

Two related lawsuits seek to hold HudBay Minerals Inc. and a subsidiary responsible for the subsequent killing of community leader Adolfo Ich as a result of a land dispute and the shooting and paralysis of local resident German Chub.

HudBay, which didn't own the mining operations when most of the alleged incidents occurred, has said the accusations contradict available information and that it would defend itself "vigorously against them." None of the allegations have been proven in court. **THE CANADIAN PRESS**

SHAMING THE COUCH CRITICS

The way I see it, our culture is separated into two groups: those who do, and those who watch. While most of us would rather be doing even half of the things we're watching, it's much safer to sit on high horses atop ivory towers in glass houses throwing stones and pointing fingers and such. It's like playing a game of truth or dare, only when it's our turn, we pass. How wonderful it is to keep our secrets hidden while watching others exposed, sitting in judgment, silently thanking the heavens that no one video-taped that drunken night in Thailand with the woman you can't be sure really was.

Hence our fascination with reality TV. We've gone from being spectators to a society of shameless voyeurs.

And though I try to be, I am no better. There was never enough alcohol to make me watch Jersey Shore, and every



JUST SAYIN'
Mike Benhaim
Guest columnist

brief foray into an episode of Keeping up with the Kardashians ended with me rocking back and forth in the fetal position praying for Armageddon. But I have watched my share of these shows, and the stench of that shame still lingers.

Even worse is the news. Reality stars sign releases, but when the media gets hold of a real scandal, look out! When it was discovered that Tiger Woods was having extramarital affairs, even the male newscasters sanctimoniously shook their heads in disappointment. Really? Where's Heidi Fleiss when you need her?

Now I don't condone cheating, but most men are barely shocked when a friend bangs the cafeteria lady at the YMCA, let alone a celebrity athlete shagging an exotic swimsuit model. Ladies, there are many respectable men out there, but at least a portion of every day is occupied by fantasies best unshared. Yet when someone acts on them and gets busted on Cheaters,

you can turn to your wife and say, "That's shameful."

And how many of us can sing as well as contestants on The Voice or American Idol? It doesn't stop us from critiquing their choice of arrangement or pitch. The couch is the new judges' bench.

Until recently, viewership has always been about the vicarious thrill of those we could only dream of emulating athletes, superheroes, models or rock stars. Now we spend our time peering into the dysfunction of people whose lives make us feel better about our own. That is, until we discover we've made them rich. Yeah, it's one thing watching strangers pinpoint their child's paternity on Maury Povich, but it's quite another when Honey Boo-Boo moves into the house next door. That's when we collectively unleash that torrent of negative energy that ultimately begs for their failure.

Again, I stand among you, guilty of the very transgressions I denounce. I simply wonder if our collective karma is not better served watching what inspires our highest doing, and affecting change from there. Just sayin'.

Paul Sullivan will return July 31.

ZOOM

It's a ribbiting piece of art



JOHANNES STÖTTER/BNPS/REX FEATURES

Baring it all for a photo shoot

It looks like a colourful tropical tree frog but on closer inspection you can see five human models adorned with body paint posing in dramatic forms so as to appear like a wondrous amphibian. Italian-born artist Johannes Stötter spends up to five months painstakingly planning and perfecting each work.

METRO

Adapting to canvas

Stötter, whose creations won him the World Bodypainting Festival title, said the key to success is to know when to pause and reflect on what to paint.

"If I paint on the model non-stop, I can't tell if the work is good or not. I have to pause and think. This is where the surprising elements of a warm and alive skin-canvas emerge and I see how to adapt the artwork." METRO

Artist's viewpoint


"The biggest challenge is to create the artwork in a beautiful but fast manner. I use people and not a canvas, so I can't spend days on end painting."

Johannes Stötter
Bodypainting artist from South Tyrol, in Italy

Painstaking painting

8 hours is how long Stötter takes to complete each work of art using special breathable paint. Stötter added: "While a canvas painting lasts forever, a bodypainting exists only for a few hours. That makes the work even more special and visually powerful."

Spike Bike

Kind of like Find my iPhone, but for your bike. A small GPS device attaches to your bike (under the seat, behind a water bottle cage or somewhere else discreet) and lets you track your bike through your phone. You can also track your own rides, which you can brag about later to your friends using Spike Bike.

Bikeshepherd.org

Not only can you register your ride on Bike Shepherd, you can also buy tags that can help recover your bike if it does succumb to the lock-cutting

hands of bike thieves. While the tags help you find your stolen bike, they also act kind of like a neighbourhood watch sign, or guard dog to dissuade thieves from pulling the fast one in the first place.

Racklove

Based out of San Francisco ("ground zero for bike thieves"), this bike-loving community is a place where people can not only buy and sell bikes, but also lets you set an alert if your bike matches one that appears on an online ad. While it works in the U.S., they're still building the network up here.



@metropicks asked: Should cyclists be ticketed for riding on the sidewalk, or is the road too dangerous?

@fajnamartago: Car hitting a person is much more deadly than a cyclist hitting a person on the sidewalk. For this reason- No ticket.

@BikeBikeYYC: Sidewalk cycling is an indicator that more (any?) bike infrastructure needs to be built.

@ruebyretro: Yes, with a focus on those who do so with complete disregard for pedestrians including bells & speed.

@BikeBikeYYC: IMO these "sidewalk bikelanes" add to the confusion about where to ride and also create danger for ppl

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

SCENE 2

10

SCENE

metronews.ca
Wednesday, July 24, 2013

Hugh Jackman returns once again as Wolverine.
HANDOUT

What's old is new with Wolverine



IN FOCUS

Richard Crouse
scene@metronews.ca

Other than Captain Canuck, Wolverine is the best known superhero to hail from the Great White North.

According to his comic book backstory he was born in 19th century Canada — Northern Alberta to be exact — and served in the First Canadian Parachute Battalion before being recruited by Team X, a CIA black-ops group. When movie fans first encountered the character, however, little was known about him.

At the beginning of the original X-Men movie he was suffering from memory loss and couldn't remember how he became a superhero with retractable bone claws, made of the near indestructible metal alloy adamantium bonded to his skeleton and a healing ability that allows him to quickly recover from virtually any wound, disease or toxin.

This weekend The Wolverine continues the story, although star Hugh Jackman is quick to point out that it is not a sequel.

"With an all-new cast and setting it in Japan, it's going to give us a whole new visual esthetic," he told Total Film.

With this film, Jackman emerges as the first actor to play a comic book hero in more than four consecutive films since Christopher Reeve as Superman.



The To Do List flips the script on the story of young people trying to lose their virginity. HANDOUT

Learning to do what you need to do to get done

Interview. Aubrey Plaza talks about how her new film, The To Do List, is putting a fresh take on an old theme — people losing their virginity



NED EHRBAR

Metro World News in Hollywood

For Aubrey Plaza, discussing her new film, The To Do List, offers far too many opportunities for over-sharing. The '90s-set film follows Brandy (Plaza), a type-A brainiac determined to start college sexually experienced by way of a detailed — if unromantic — list of activities to check off. And Plaza is having trouble keeping her own list to herself.

Considering the sexual frankness of the film, how awkward have the interviews gotten?

People keep trying to trick

Figuring it all out

"That's one of the reasons that I wanted to do the movie, because I'd never really read anything that truthfully explored that time in a girl's life, just a really frank portrayal of a girl figuring out how to do really simple things."

Aubrey Plaza
Talking about her new movie The To Do List

me into telling them about my first sexual experiences, and then I almost am like, "Well, when I was ... wait a minute! I don't need to tell you that. That's for my own brain to remember." For some reason this movie kind of makes you think that it makes sense to ask about (this). But no, nothing's been awkward, except for me because I'm always awkward in interviews.

Do you find it weird or insulting that Hollywood always acts so surprised when a female-focused comedy does well?

Yeah, I feel that. I don't know why. There's just as many women as there are

guys, so you would think that it wouldn't be shocking that there's a female audience and that there's people out there interested in seeing female-centric movies.

Do you think The To Do List would work in a contemporary setting?

I think there could be a story about a girl going through her firsts, because I think that's just a universal thing that happens, but I don't think this story could be told in 2013 for many different reasons. This movie was set in a time when people didn't Google everything and people weren't figuring

things out online, which I think is the case nowadays. Who knows what teenagers are doing these days. I don't know. I mean, I'm 29 and I feel totally out of touch. Things have changed at such a rapid pace that who knows how people are learning anything or where they're getting their information.

It's great to see a movie taking the awkward teenage sexual experience, which is usually told as a guy's story, and showing the girls' side.

Being frank about sexual things? I know. That's one of the reasons that I wanted to do the movie, because I'd never really read anything that truthfully explored that time in a girl's life, just a really frank portrayal of a girl figuring out how to do really simple things — well, I don't know if they're simple. Just really basic sexual acts. I don't know, everything I say sounds wrong (laughs). Just make me sound better and smarter.



Penelope Cruz

Penelope Cruz's baby tries to upstage the royals

Kate Middleton wasn't the only famous woman having a baby Monday, as Penelope Cruz reportedly welcomed her second child with husband Javier Bardem, accord-

ing to Hola. Cruz reportedly gave birth to a baby girl at Madrid's Ruber Hospital. Cruz and Bardem also have a two-year-old son, Leonardo.

The Word

Amanda Bynes having one of those good news weeks



THE WORD

Dorothy Robinson
scene@metronews.ca

I have tried to keep Amanda Bynes out of The Word because she's obviously mentally unstable and her hijinks are more sad and disturbing than amusing. However, this item caught my eye: The former actress is now being hospitalized for setting a fire in the driveway of a stranger's home in Thousand Oaks,

Calif.

The cops investigated the former child-star-turned-Gremlin and determined she needed to be hospitalized on a 5150 hold, which is an involuntary hospitalization for mental evaluation that lasts 72 hours.

So this is good news. Maybe she will now get the help she needs because it appears she has other problems.

Bynes has reportedly jeopardized the last important relationship she has left by allegedly stealing from her pot dealer, according to Radar Online.

"Amanda's dealer used her bathroom while he was there and she jacked his weed," a source says of the troubled NYC-based actress.

As a result, the dealer



has reportedly dropped Bynes as a client.

"He won't go to her anymore," the source says.

So, maybe this is more good news.

Lindsay Lohan.
ALL PHOTOS GETTY IMAGES

Lohan ready to get on with her life post-rehab

Lindsay Lohan is due to end her latest stint in rehab next Monday, and in preparation she's reportedly looking to do away with as many bad influences as she can, according to Radar Online.

"She has not been this good in a long, long time. She's come 180 degrees from where she was. It's amazing," a source says.

"It's very clear to her now who she needs in her life and who she needs to keep out of her life."

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Whey Better Protein

by: Shannon Kadlofski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder
1/4 cup fresh blueberries
1/2 banana
1/4 tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

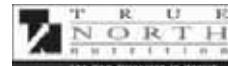


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Countdown to Glasgow 2014

Commonwealth Games. Scotland's largest city gears up to host thousands of elite athletes next summer

KATHY
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In one year, on July 23, for the first time, Glasgow, Scotland will welcome more than 6,500 athletes and team officials to the 2014 Commonwealth Games. While rival city Edinburgh has hosted twice, the people of Glasgow are excited to put their own unique stamp on this elite athletic competition, which will run until Aug. 3, 2014.

"From the beginning, the Commonwealth Games has not just been about the sport, but the arts, and the community as well," says Kate McCheyne, Public Relations Manager for the games. While the athletes themselves won't descend upon the city until July 2014, the venues which will be used for the events will all have been completed, or refurbished, a full year before the games, allowing the community to enjoy the facilities before and, most importantly, after the games.

This is a sentiment reinforced by John Egan, of GlasgowLife, who is responsible for the management of the Sir Chris Hoy velodrome, where both the cycling and badminton events will be held. "There's a misconception that the velodrome was built just for these games," he said of the facility, which opened in October, 2012. "But it was built

for Glaswegians." Since the doors opened, (as of time of writing) at least 130,000 locals have passed through the doors to take advantage not only of the cycling track, but the state of the art gym (supplied with Technogym equipment, supplier to the Olympics). Sports are an integral part of the city, with an estimated 10,000 jobs in the field.

But it's not just the residents of Glasgow who are embracing the spirit of the games. When the call for volunteers went out, more than 50,000 applied from across the U.K., with only 15,000 to be in the final selection.

Accessibility is also a key theme for the games. One million tickets will be on sale from Aug. 19 to Sept. 16, both online and via paper application, and can be paid for either online, or via cheque or postal order, which is very unusual in today's electronic ticketing world. Tickets will be priced as low as \$23.73, and at half price for children, with "babes in arms" (under two years) free of charge.

There is very much a youth focus on the games, with half of the athletes under the age of 25. The games mascot, Clyde, was chosen out of a contest open only to children, and out of 4,000 applicants, won by a 12 year-old girl after rounds of blind judging. The Glasgow 2014 tartan was designed by Aamir Mehmood, an arts student who beat out thousands of entries from more than 300 schools, and the digital media game has proven a hit with young fans. And for the first time, the volunteer age has been dropped to 16.

The Games has learned many valuable lessons from their Olympic counterparts, and many team members



Glasgow's riverfront featuring the Scottish exhibition and conference centre. CONTRIBUTED GLASGOW SCOTLAND

from the Glasgow Commonwealth Games shadowed their counterparts in London to learn. One of the main complaints about the London Olympics (my own personally, being over there at the time) was that tickets were not readily available, many of them having been given to corporate sponsors.

This frustration was compounded by the fact that sponsors did not utilize the tickets, and scalping or reselling of tickets was heavily enforced, leaving many empty seats in

venues. In Glasgow, 70 per cent of tickets for each event are guaranteed to go to the public.

Unlike the Olympics and its Torch Run, which includes many torches, the Queen's Baton Relay of the Commonwealth Games is just one baton, which will have a message inserted in it, to the athletes, from the Queen. The baton is run person to person across all Commonwealth nations, including a jaunt in Canada scheduled for April 26 (cities to be announced).

If you go...

- Visit glasgow2014.com for tickets and information. For information on accommodations and on the city of Glasgow and its wide choice of tourist attractions, visit seeglasgow.com.

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DOUG WALLACE
life@metronews.ca

"You're in Scotland now — you can just call it whisky." Bartenders in Scotland are a patient lot when it comes to mixing Scotch whisky with tourists. And with 40 bottles of it sold worldwide every second, this is big business on a global scale. While the ingredients are simple — malt barley, water and yeast — the distilling process is an artform.

Whisky is aged in oak casks, obtained from bourbon distilleries in the U.S. (where it's required by law to only use a cask once) or from Spanish sherry-makers. This lends the whisky the flavours of the cask's previous occupant.

Whiskies are either blended or single malts, produced in six Scottish regions, each with its own signature traits. To qualify as a single malt, whisky must be 1) made in Scotland, 2) bottled in Scotland, and 3) aged at least three years. The age on the whisky label always refers to the youngest whisky in the blend.

Whisky regions

Speyside: Home to the Malt Whisky Trail, this is the northern region on the banks of the River Spey between Inverness and Aberdeen, where more than half of Scotland's distilleries are found. Though hard to categorize because there are so many to choose from, these whiskies have a stronger character, with slightly smoky toffee and floral notes. The concentration of distilleries here dates back to a time when whisky was illegal, and the moonshiners needed seclusion amongst the rolling hills and winding roads. It's

Shaking things up

Whisky cocktail

While purists may shudder, whisky is turning up on smart cocktail menus around the world. Here is a recipe for the Smokestack Manhattan from Rob Wilkie, head bartender at the Blythswood Square Hotel in Glasgow:

2 oz. Laphroaig 10 Year Old Whisky
half oz. Campari
half oz. Crème de Cacao
1 oz. Red Dubonnet
Mix and stir with ice, strain, then garnish with an orange twist.



also no coincidence that the water here is top notch.

Highlands: Essentially, all the area around Speyside. Lighter, sweeter flavours take the stage here, with more nutty and floral traits.

Lowlands: Everything south of the line between Edinburgh and Glasgow. Whisky here is often triple-distilled, similar to Irish whiskey (note the different spelling), resulting in a lighter, smooth and mild taste.

Islay: Distilleries on this island off the west coast employ peat to dry the barley, which imparts a heavier, smoky, salty flavour.

Island: This region includes the other islands of Arran, Jura, Mull and Skye. You'll find a more tempered peatiness here, mixed with caramel and vanilla notes.

Campbeltown: This area on the Kintyre Peninsula produces just a few whiskies, each with a dry, smoky, salty character.



Water? Ice? Drink whisky however you like it. TIM STEWART



Hilton Waikoloa Village, Hawaii

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Veggies take centre stage on the grill

Roasted Garlic

1. Heat grill to medium, with one side prepped for indirect heat.

2. Remove outer layer of papery skin from garlic. Slice off top 1/2 inch from pointed top of garlic head. Set garlic, cut side up, on large square of foil. Drizzle with the olive oil, then wrap foil up and over the garlic to form a loose packet.

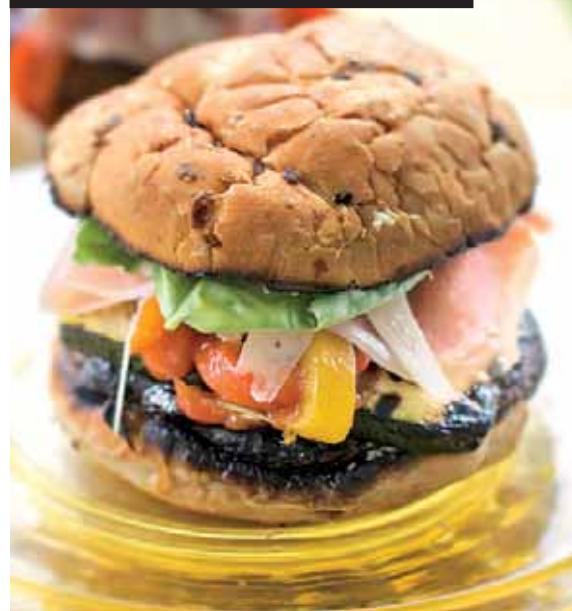
3. Set garlic over cooler side of the grill and cook 40 minutes, or until the cloves are golden-brown and soft. Remove from the grill and let cool. To remove the cloves, simply squeeze the entire head (or each clove) and the cloves should pop out of their skins. Set aside until ready to make garlic mayo.

Sandwiches

1. Prepare and heat a gas or charcoal grill for high heat, direct grilling.

2. Place red and yellow bell peppers on grill grate and cook, turning frequently, until skin is charred all over, about 5 minutes per side. Use tongs to

Grilled Veggie Sandwich with Roasted Garlic Mayo



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

remove peppers from grill and place in a large bowl. Cover the bowl tightly with plastic wrap. Set aside for 30 minutes. After

30 minutes, the skins should slip easily off the peppers. Slice them open, remove the seeds, then cut into large strips.

3. In bowl, mix vinegar, olive oil, rosemary and a bit each of salt and pepper. Add pepper strips, turning to coat, and set aside to marinate for at least 30 minutes.

4. When ready to grill, return the grill to high heat.

5. Set the mushrooms and zucchini in a large bowl. Pour the marinade off the peppers and onto the zucchini and mushrooms, tossing them lightly to coat well.

6. Grill the mushrooms, grill side up, for 8 to 10 minutes, then flip and grill for another minute, or until completely tender. Grill the zucchini slices for 3 minutes per side.

7. Split rolls in half. Brush the cut sides lightly with oil. Place cut side down on grill for 2 to 3 minutes, or until golden brown.

8. Meanwhile, in a small bowl, mix together the garlic and mayonnaise until smooth. When the rolls are toasted, assemble the sandwiches by spreading both sides with garlic

Ingredients

Roasted garlic

- 1 head garlic
- 2 tsp olive oil

Sandwiches

- 2 each red and yellow bell peppers
- 1/2 cup balsamic vinegar
- 1/4 cup olive oil, plus more for the rolls
- 1 tsp dried rosemary
- Kosher salt and black pepper
- 6 large portobello mushrooms, stems removed
- 1 medium zucchini, cut into 6 long strips
- 6 kaiser or onion rolls
- Head of roasted garlic
- 1/2 cup mayonnaise
- 1 bunch fresh basil, leaves only
- 1/2 lb chunk Parmigiano-Reggiano cheese, thinly sliced with a vegetable peeler

Drink of the Week

Mango Basil Lemonade

This exotic and refreshing recipe is perfect for a summer party on the patio.

- 1.5 oz Hennessy V.S.
- 1 oz fresh lemon juice
- .5 oz mango purée
- .5 oz simple syrup
- Soda water to top
- Basil leaf and lemon wheel to garnish

Shake all liquid ingredients except soda water and strain into a Collins glass with fresh ice.

Top with soda water and garnish with a basil leaf and a lemon wheel.

RECIPE AND PHOTO COURTESY OF HENNESSY



mayonnaise, then layering on the mushrooms, zucchini, peppers, basil leaves and cheese. Season with salt and pepper, if desired. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Fuss-free crepes — yes, they really do exist

1. In a small skillet over low heat, cook the butter until it starts to turn brown and smell nutty. Transfer the butter to a blender, then add the milk, eggs, cornmeal, flour and salt. Blend just until smooth. Transfer the mixture to a bowl and let rest for 30 minutes.

2. While the batter is resting, in a medium saucepan over low heat, combine the wine, sugar and vanilla bean. Cook, stirring

occasionally, until the sugar is dissolved. (If using vanilla extract, add it to the fruit after the fruit has cooked for 20 minutes.) Add the fruit, bring the mixture to a boil, then reduce heat to a simmer, cover and cook for 20 minutes.

3. While the fruit is poaching, make the crepes. Mist a 10-inch non-stick skillet with cooking spray. Heat over medium heat.

4. Stir the crepe batter and quickly pour 1/4 cup of it into the skillet, tilting the batter in the pan to make sure that the bottom is completely covered. Cook the crepe until it is lightly browned on the bottom, about 1 minute. Flip, cook for another 30 seconds, then transfer it to a rack to cool. Repeat with the remaining batter to produce 8 crepes. Once cooled, the crepes can be stacked. Set them aside.

5. After the fruit has poached for 20 minutes, use a slotted spoon to transfer it to a bowl, making sure to leave most of the cooking liquid in the sauce-



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

pan. Scrape the seeds inside the vanilla bean out with the tip of a paring knife and add them to the fruit.

6. Bring the cooking liquid remaining in the saucepan to a boil and cook it until it is reduced to about 1/2 cup. Transfer the liquid to a small pitcher and return the fruit to the pan. Heat over medium until hot.

7. To assemble the crepes: Mound a bit of the fruit filling down the middle of each of the crepes, then roll up. Arrange the filled crepes, seam side down, on dessert plates, then drizzle them with the reduced sauce and top with 2 tablespoons of the yogurt. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS

4. Drizzle in remaining olive oil and a few ice cubes slowly to create the pesto. Place pesto in bowl and add 1/2 cup pasta cooking liquid. Drain pasta and toss with pesto and tomatoes. Top with shredded cheese. Season with salt and

Ingredients

- 2 tbsp unsalted butter
- 1 cup 1% milk
- 2 large eggs
- 1/4 cup cornmeal, preferably stone ground
- 1/2 cup whole-wheat flour
- Pinch table salt
- 3/4 cup dry white wine
- 1/3 cup sugar
- 1 vanilla bean, split length wise (or 2 tsp vanilla extract)
- 6 cups, pitted and cubed fresh summer fruit, such as nectarines, plums and peaches
- 3/4 cup non-fat vanilla yogurt

Dinner. Rotini with Fresh Tomatoes, Aromatic Herb Pesto & Ricotta Salata



pepper. NEWS CANADA/ BARILLA.CA

Ingredients

- 1 pkg Barilla PLUS rotini
- 4 plum tomatoes, diced
- 2 tbsp, plus extra virgin olive oil
- 1 clove garlic
- 3 sprigs marjoram
- 3 sprigs oregano
- 6 leaves basil
- 1 tbsp parsley
- 3 sprigs thyme
- 1/4 cup walnuts
- Few ice cubes
- 1/4 cup skim or nonfat ricotta salata, shredded
- Salt and black pepper

Give me a break and I'll mind my own business

You can't have one without the other.

Why taking a vacation is just as important as taking that next call

MEGHAN GREAVES
TalentEgg.ca

Did you know that 40 per cent of the Canadian workforce is feeling the effects of vacation deprivation? And that more than 50 per cent of young Canadian workers are feeling it too (the highest rate for all age categories)? This is just

Sun, sand and sanity

Here are just some of the ways that vacation deprivation can negatively affect a new grad personally and professionally:

- Decrease in creativity and productivity
- Becoming short-tempered
- Drop in drive, passion, enthusiasm and love of your job

some of what this year's Annual Deprivation study found when surveying Canadian workers from coast to coast.

To find out what's behind these numbers and what career-hatchers can do to prevent themselves from feeling the negative effects of vacation deprivation, we talked with Beverly Beuermann-King, a health and wellness professional and work-life balance expert who was a key player in the study.

Why work-life balance is important

"Finding work-life balance is especially difficult for students and new grads as they're used

to having irregular schedules," Beuermann-King explains. "What do we see most of when life is out of balance or we've been pushing ourselves for too long? More headaches, indigestion, muscle aches and sleep problems."

Though it's possible to keep this pace up for a bit, eventually things start to catch up. These problems become more chronic and start to take their toll on our systems in the form of diabetes, obesity and depression.

Achieving that balance

One way to achieve a work-life balance, Beuermann-King says, is to talk with your



Knowing what you need out of a vacation is key to re-energizing. Whether you need relaxation, fun, adventure, entertainment or leisure, plan your vacation to meet your needs. ISTOCK

Your thoughts?

@TalentEgg: #QuestionoftheDay: What do you do to get yourself back into work-mode if you hit an energy slump?

- @MarinighPR: I take a break, go for a walk, go get something to eat, then come back to it!
- @kristieleanne_: a playlist optimized for workflow is

always key for me! Cue @Songza or @8tracks

- @mroowlf: Water, fruit, and a little pump up music always does the trick!
- @rosieehales: Try working on something different for a bit or get some fresh air! If all else fails then I hit the coffee. #QuestionoftheDay
- @janet_ha: Create a work routine that gets you back into the groove. Whether it's the same seat, same work playlist or other ritual.



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employer about their wellness policies. Ask about their thoughts on vacation time and how they make sure employees don't get burned out. Be aware that talking with your employer about their wellness policies is just one step of the process, though. You still need to be making sure that you're eating properly, getting enough rest and being active to keep your body and mind healthy.

Vacation deprivation and new grads

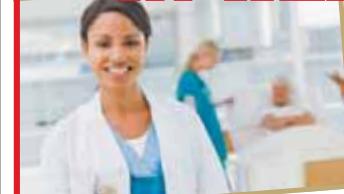
Vacation deprivation is when you're not using all of your vacation time or when you feel as though you don't have enough time off. According to the study, vacation deprivation rates were highest in young Canadian workers.

Beuermann-King believes

the younger generation is feeling it the most because we're new to the workforce and haven't accumulated very much time off yet. We also have a very different view of the workplace than older generations.

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Players rub salt on Braun's 'black eye'

MLB. Colleagues not jumping up to defend former NL MVP

Protective no more, baseball players are downright disgusted these days with doping.

Now they are demanding even stiffer suspensions for those caught cheating.

"It's a new generation of athletes that are standing up," Travis Tygart, chief executive of the U.S. Anti-Doping Agency, said Tuesday. "The culture's been flipped on its head."

When Ryan Braun accepted a season-ending 65-game suspension Monday rather than fight Major League Baseball over evidence he used performance-enhancing drugs, fellow players appeared tired of those who cast shadows on the sport.

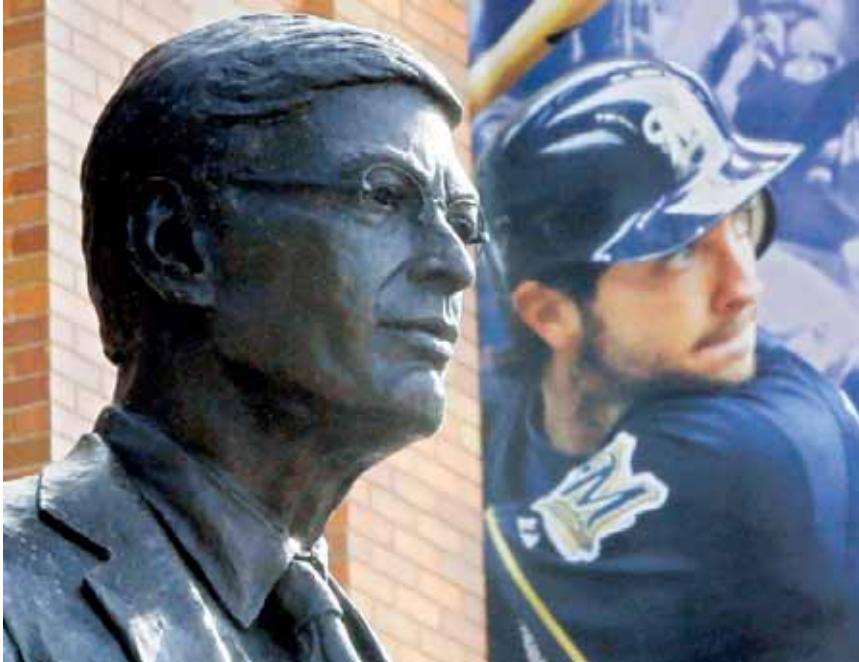
"They're lying to the fans," Los Angeles Angels pitcher C.J. Wilson said. "They're lying to their teammates. They're lying to their GMs, their owners, and they're going to get caught."

Skip Schumaker of the Los Angeles Dodgers said Braun let him down.

"Watching him talk right now makes me sick," Schumaker said. "I have an autographed Braun jersey in my baseball room that I'll be taking down. I don't want my son identifying what I've worked so hard to get to and work so hard to have — I don't want him comparing Braun to me."

Matt Kemp of the Dodgers, who finished second to Braun in the 2011 NL MVP vote, said the Milwaukee slugger should be stripped of the honour.

"We had conversations, and I considered him a friend," Kemp said. "I don't think anybody likes to be lied to, and I feel like a lot of people have



A statue of MLB commissioner Bud Selig sits outside Miller Park in front of a banner showing suspended Brewers star Ryan Braun on Tuesday in Milwaukee. MORRY GASH/THE ASSOCIATED PRESS

A-Rod not out of the woods

New York Yankee Alex Rodriguez could face a much harsher penalty, a person familiar with the case said, speaking on condition of anonymity.

- The Yankees anticipate Rodriguez could be accused of using PEDs over multiple seasons, of recruiting other

athletes for the clinic, of attempting to obstruct MLB's investigation, and of not being truthful in the past when discussing his relationship with Dr. Anthony Galea, who pleaded guilty two years ago to a U.S. federal charge of bringing unapproved drugs from Canada into the U.S.

felt betrayed."

Despite Braun's suspension, however, Kemp has no shot at claiming the MVP trophy. The Baseball Writers' Association of America has said repeatedly that it will not revisit any of its award votes.

Yankees manager Joe Girardi said Braun was guilty.

"You don't accept a deal unless you're guilty," he said.

"It's another black eye for our game. ... There's been a lot of scandals over the years, but you get tired of it," Girardi added.

The next step will be for MLB to inform the union of additional players it intends to

One strike, you're out



"In my opinion, he should be suspended — lifetime ban."

L.A. Dodgers utility player Skip Schumaker on Ryan Braun

penalize, which could happen as early as a meeting on Thursday, a person familiar with the probe said, speaking on condition of anonymity because no statements were authorized.

Players have the right to have an arbitrator decide whether discipline meets the "just cause" standard in baseball's drug agreement.

THE ASSOCIATED PRESS

Emile Griffith

Former world champ dead at 75

Emile Griffith, the elegant world champion whose career was overshadowed by the fatal beating he gave Bennie Paret in a 1962 title bout that darkened all of boxing, died Tuesday. He was 75.

Griffith struggled with pugilistic dementia and required full-time care late in life. He was the first boxer from the U.S. Virgin Islands to become world champion and was inducted into the Hall of Fame in 1990.

Griffith knocked out Paret on March 24, 1962 in the 12th round to regain the welterweight title. Paret went into a coma and died from his injuries 10 days later.

Sports Illustrated reported in 2005 that Griffith may have been fuelled by an anti-gay slur directed at him by Paret during the weigh-in. Over the years, Griffith described himself at various times as straight, gay and bisexual.

THE ASSOCIATED PRESS

NHL

Jersey signs Jagr to shore up offence

The New Jersey Devils have signed forward Jaromir Jagr to make up for some of the scoring lost with the recent retirement of Ilya Kovalchuk.



Devils general manager Lou Lamoriello announced the signing Tuesday. The one-year contract is worth \$2 million US.

Jagr, 41, split last season with the Dallas Stars and Boston Bruins, scoring a combined 16 goals and 19 assists in 45 games.

THE ASSOCIATED PRESS

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Assembling the Eh team

Here's a look at who will hit the ice at Team Canada's Olympic orientation camp in Calgary from Aug. 25-29 and who will likely don the Maple Leaf in Sochi, Russia:

THE CANADIAN PRESS

Photos by Getty Images



Goaltenders

Canada's goaltending may be the biggest question mark heading into the Olympic tournament. More than five months before the final roster is due, there's no definite No. 1, but Yzerman isn't worried.

"We'll worry about the starter after naming the final three that we'll take to Sochi," he said. "I think some of that will work itself out over the first part of the season."

Roberto Luongo won gold in 2010, but Yzerman suggested on a conference call with reporters Monday that his playing more games for the Vancouver Canucks after the Cory Schneider trade should "bode well" for his chances of making the team. Corey Crawford is obviously a hot name after helping the Chicago Blackhawks win the Stanley Cup.

Invited to camp: Luongo*, Crawford*, Carey Price*, Braden Holtby, Mike Smith.

*Denotes players projected to make the team

Defencemen

Yzerman wants puck-movers who can get up and down the ice with ease. That's not to say there isn't room for size and physicality, but the international game on bigger ice makes speed essential.

Shea Weber of the Nashville Predators, Norris Trophy-winner P.K. Subban of the Montreal Canadiens, Drew Doughty of the Los Angeles Kings and Duncan Keith of the Blackhawks seem to be locks (barring injury) and make for an imposing top four. All but Keith are right-handed shots, but Yzerman said left-right balance isn't the "end-all."

Nor should it be — Canada has a plethora of strong right-handed defencemen who would be able to play their off-side without any issue. Yzerman expects to take eight defencemen to Sochi, so there will be extras in case Babcock doesn't like what he sees.

Invited to camp: Weber*, Subban*, Doughty*, Keith*, Kris Letang*, Mike Green, Dion Phaneuf, Karl Alzner, Jay Bouwmeester, Dan Boyle, Dan Hamhuis*, Travis Hamonic, Marc Methot, Alex Pietrangelo*, Brent Seabrook*, Marc Staal, Marc-Edouard Vlasic.



Forwards

No shocker here. Canada is deepest down the middle. Sidney Crosby of the Penguins, Jonathan Toews of the Blackhawks, Steven Stamkos of the Tampa Bay Lightning, Eric Staal of the Carolina Hurricanes, John Tavares of the New York Islanders and Claude Giroux of the Philadelphia Flyers lead the crop.

Wanting to fill specific roles shouldn't be hard for Team Canada up front. Patrice Bergeron of the Boston Bruins, Jordan Staal of the Hurricanes and Mike Richards of the Los Angeles Kings could be shutdown centres, freeing up players like Crosby and Giroux to concentrate at the offensive end.

Invited to camp: Crosby*, Toews*, Stamkos*, Eric Staal*, Tavares*, Giroux*, Bergeron*, Richards*, Jordan Staal, Milan Lucic*, Rick Nash, Corey Perry*, Jeff Carter*, Martin St. Louis*, Taylor Hall*, Joe Thornton, Matt Duchene, Logan Couture, Jordan Eberle, Ryan Getzlaf, Chris Kunitz, Andrew Ladd, Brad Marchand, James Neal, Patrick Sharp*.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	60	41	.594	—
Tampa Bay	59	41	.590	1/2
Baltimore	57	43	.570	2/2
New York	52	47	.525	7
Toronto	45	53	.459	13/2

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	54	44	.551	—
Cleveland	52	47	.525	2/2
Kansas City	45	51	.469	8
Minnesota	42	54	.438	11
Chicago	39	57	.406	14

WEST DIVISION

	W	L	Pct	GB
Oakland	58	41	.586	—
Texas	55	44	.556	3
Seattle	47	52	.475	11
Los Angeles	46	51	.474	11
Houston	33	65	.337	24/2

Tuesday's results

L.A. Dodgers at Toronto
Tampa Bay at Boston
N.Y. Yankees at Texas
Baltimore at Kansas City
Detroit at Chicago White Sox
Oakland at Houston
Minnesota at L.A. Angels
Cleveland at Seattle
Wednesday's games — All times Eastern
Oakland (Griffin 8-7) at Houston (Norris 6-9), 2:10 p.m.
Minnesota (Pelfrey 4-7) at L.A. Angels (Weaver 4-5), 3:35 p.m.
Cleveland (Kazmir 5-4) at Seattle (Saunders 9-8), 3:40 p.m.
L.A. Dodgers (Nolasco 6-9) at Toronto (Rogers 3-4), 7:07 p.m.
Tampa Bay (Price 4-5) at Boston (Doubroent 7-3), 7:10 p.m.
N.Y. Yankees (Pettitte 7-7) at Texas (Garza 0-0), 8:05 p.m.
Baltimore (Chen 5-3) at Kansas City (Santana 6-6), 8:10 p.m.
Detroit (Sanchez 7-7) at Chicago White Sox (Danks 2-7), 8:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	4	2	2	0	118	116	4
Montreal	4	1	3	0	90	112	2
Hamilton	4	1	3	0	125	109	6
Winnipeg	4	1	3	0	91	109	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	4	4	0	0	151	67	8
Calgary	4	3	1	0	125	109	6
B.C.	4	3	1	0	104	84	6
Edmonton	4	1	3	0	72	107	2

Thursday's game — All times Eastern

Edmonton at Montreal, 7:30 p.m.

Friday's game

Calgary at Winnipeg, 8 p.m.

Saturday's game

Saskatchewan at Hamilton, 7:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	10	5	6	31	20	36
Montreal	9	5	5	31	29	32
New York	9	7	5	29	24	32
Philadelphia	8	6	7	32	30	31
Houston	8	6	5	22	19	29
New England	7	7	6	25	18	27
Chicago	7	9	3	24	29	24
Columbus	6	9	5	23	25	23
Toronto FC	2	10	8	17	28	14
D.C. United	2	14	4	9	33	10

Tuesday's results

Cincinnati at San Francisco

Pittsburgh at Washington

Atlanta at N.Y. Mets

San Diego at Milwaukee

Philadelphia at St. Louis

Miami at Colorado

Chicago Cubs at Arizona

San Francisco at Cincinnati

Wednesday's games — All times Eastern

Oakland (Griffin 8-7) at Houston (Norris 6-9), 2:10 p.m.

Pittsburgh (Liriano 9-4) at Washington (Strasburg 5-7), 7:05 p.m.

Atlanta (Hudson 7-7) at N.Y. Mets (Hefner 4-7), 7:10 p.m.

San Diego (O'Sullivan 0-1) at Milwaukee (Lohse 6-7), 8:10 p.m.

Philadelphia (Lannan 2-3) at St. Louis (Westbrook 6-4), 8:15 p.m.

Miami (Turner 3-2) at Colorado (De La Rosa 9-5), 8:40 p.m.

Chicago Cubs (Samardzija 6-9) at Arizona (Kennedy 3-7), 9:40 p.m.

Cincinnati (Leake 9-4) at San Francisco (Gaudin 4-1), 10:15 p.m.

Sunday's game

Chivas USA at Seattle, 11 p.m.

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The 2014 Dodge Durango



ALL PHOTOS WHEELBASEMEDIA.COM

5 DRIVE

2014 Dodge Durango

- Type: Four-door, all-wheel-drive full-size sport utility vehicle
- Engines (hp): 3.6-litre DOHC V6 (290); 5.7-litre OHV V8 (360)
- Transmissions: Eight-speed automatic
- Base price (incl. destination): \$41,800



Interior & Technology

The new Limited receives a "limited" amount of gear destined for the Citadel, such as leather-covered seats (heated in front), heated steering wheel and an 8.4-inch (21-centimetre) screen for the Durango's "Uconnect" infotainment and mobile communications system.

Fuel economy

Without releasing specific numbers, Dodge claims that the new transmission will help increase the Durango's overall fuel economy by about nine per cent, which should translate into a modest improvement for the V6's current 13 l/100 km city rating and 8.8 highway, and the V8's 16.6/10 numbers.

Design

Dodge's stylists have tinkered with the vehicle's front and rear shape. There's a slimmer "split-hair" grille with a mesh-like backdrop and an enlarged lower air intake (also featuring the mesh effect).

Review. Part Jeep, part Dodge, all family

MALCOLM GUNN
wheelbasemedia.com

It might seem like a stretch, pardon the pun, but if you're looking for more passenger room than a Jeep Grand Cherokee has, you'll be looking for a Dodge.

The related Dodge Durango for 2014 actually uses the Jeep Grand Cherokee's bones, but finds room to fit up to seven passengers versus the Jeep's five. We told you it was a stretch. Actually, it's a rubber-band-like 13-centimetre stretch between the front and rear wheels with 25 extra centimetres added between the front and rear bumpers. That's enough to squeeze in three rows of seats with space left over to tote a decent amount of groceries, sports equipment, luggage or what-have-you.

The long-serving Durango was introduced for the 1998 model year as a truck-based



The 2014 Dodge Durango can carry more people than the Grand Cherokee.

both the base 290-horsepower 3.6-litre V6 and the optional 360-horsepower 5.7-litre "Hemi" V8 returning for duty.

All-wheel-drive remains standard, but the drive system you get depends on engine choice. The V6 uses a permanently engaged system that automatically varies the torque between the front and rear wheels, depending on where it's needed. The AWD V8 comes with a part-time unit with a two-speed transfer case for those times when maximum torque is needed, such as when off-roading or heading up an

extra-steep hill.

The V6 is standard in the base SXT, R/T, new-for-2014 Limited and range-topping Citadel models (both rear and all-wheel-drive). The V8 is optional for the Limited and Citadel, but standard in the R/T.

Regardless of trim level, the Durango continues to deliver a level of ruggedness, interior capacity and outright performance swagger that few \$40,000 to \$50,000 sport utility vehicles can match at any price. And in terms of passenger count, it even outdoes the Grand Cherokee.

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The bi-weekly payment is \$88 // \$140.66 // \$143.42 [includes \$1,495 // \$1,640 // \$1,640 freight and PDI, EHF tires (\$1), EHF filters (\$1), A/C levy (\$100 except Civic DX), and OMVIC fee (\$5)] with \$0 // \$0 // \$0 down payment or equivalent trade-in; charge of \$0.12/km for excess kilometres. *Limited time purchase finance offers available through Honda Financial Services Inc. (HFS), on approved credit. Representative bi-weekly finance examples: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan (Model CR2E3DE) models on an 84 // 84 // 84 month term with \$182 // \$182 // \$182 bi-weekly payments at 1.99% // 1.99% // 3.99% APR and \$1,600 // \$1,750 Finance incentive and \$0 // \$0 // \$0 customer incentive and \$431 // \$0 // \$0 individual dealer contribution deducted from the negotiated selling price before taxes. Finance incentive applies only to finance contracts through HFS. Finance incentive, customer incentive and individual dealer contribution can be combined with subsidized rates of interest offered by Honda as part of a low rate interest program. Completed price of \$16,970 // \$27,765 // \$25,765 includes \$1,495 // \$1,640 // \$1,640 freight and PDI, EHF tires (\$29), EHF filters (\$1), A/C levy (\$100 except Civic DX), and OMVIC fee (\$5). Excludes taxes, license, insurance, and registration. Cost of borrowing is \$1,077.28 // \$1,299.20 // \$3,319.44 for a total finance obligation of \$16,016.28 // \$27,199.20 // \$27,334.44. \$0 // \$0 // \$0 down payment required based on approved credit from Honda Financial Services Inc. *Limited time 0.99% APR lease offers on a new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan (Model CR2E3DE) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda Accord CR-V LX 2WD (Model RM3H3DES) for a maximum of 24 // 24 // 24 // 36 months available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 24 month term at 0.99% lease APR, the monthly payment is \$471.21 [includes \$1,640 freight and PDI, EHF tires (\$29), EHF filters (\$1), A/C levy (\$100), and OMVIC fee (\$5)] with \$0 down payment or equivalent trade-in; charge of \$0.12/km for excess kilometres. *Receive 0.99% purchase financing on a new 2013 Honda Fit DX model (GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan (Model CR2E3DE) // 2013 Honda Accord CR-V LX 2WD (Model RM3H3DES) models for a maximum of 24 // 24 // 24 // 48 months available through Honda Financial Services Inc. Approved credit. Representative lease example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 48 month term at 0.99% APR lease on a completed term of \$27,745 [includes \$1,640 freight and PDI, EHF tires (\$29), EHF filters (\$1), A/C levy (\$100), and OMVIC fee (\$5)]. Excludes taxes, license, insurance, and registration. The monthly payment is \$590.20. Cost of borrowing is \$554.40 for a total finance obligation of \$28,329.40. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. *Bi-weekly leases available on all 2013 Honda models on 48 and 60-month terms only. \$4,000 // \$4,000 // \$3,000 // \$2,500 // \$2,000 // \$1,500 // \$1,000 // \$500 // \$0 // \$0 customer cash incentive is valid on any new 2013 Honda Pilot // 2013 Honda Odyssey // 2013 Honda Ridgeline // 2013 Honda CR-V (except DX 2WD, model RM3H3DES) // 2013 Honda CR-V (except DX, model GE8G2DEX) models when registered and delivered between July 3rd and July 31st, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through Honda Financial Services Inc. at a subsidized rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: Dealer license, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers valid only for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012.



The DeltaWing's extreme aerodynamics are courtesy of its rocket-like stylings. BOTH PHOTOS RICK DOLE

One of these things is not like the others

Autopilot. Nissan's DeltaWing exits early but wins more fans at Canadian racing debut



AUTO PILOT
Mike Goetz
drive@metronews.ca

If you've ever wondered, like I have, what the world's most interesting man might drive if he raced cars, then wonder no more. The answer is Nissan's DeltaWing, the world's most interesting racing car.

DeltaWing made its Canadian racing debut at last weekend's ALMS series stop at Mosport (now officially called Canadian Tire MotorSport Park). As predicted, it immediately became the crowd favourite, from when it first showed up at practice Thursday morning to when it retired early, on lap 15, during Sunday's race. The early retirement, due to low engine oil pressure, was a shame, because the first of its co-drivers, Andy Meyrick, had DeltaWing running second at the time and looking really good for a strong finish, something that's been hard to come by this season for DeltaWing.

Of course, DeltaWing gets its notoriety from being "not like the others."

DeltaWing looks like a rocket laid sideways — small front, big rear. Most racecars look like they're ready to eat corners. The

DeltaWing looks like it would rather not turn, thank you. It looks the way it does because of its unique mission — to win endurance races by using half the fuel and half the tire material of a "regular" LMP1 class Le Mans racer.

DeltaWing's engineers believe this is possible because they've designed the car to have half the aerodynamic drag and half the weight of a current LMP1 or LMP2 racer (1,000 pounds versus 2,000 pounds). This means DeltaWing can do its racing thing with a smallish engine.

For this year's American Le Mans Series (ALMS) campaign, it's fitted with a turbo-charged four-cylinder 1.9-litre engine producing about 350 horsepower. By way of contrast, the overall winner of Sunday's race, the Muscle Milk Pickett Racing ARX-03, is powered by a Honda Racing 3.4-litre V8, making close to 600 horsepower.

Pre-practice on Thursday, I asked Andy Meyrick if he ever got used to the sight of the DeltaWing, or does it still freak him out?

"It's become normal now, I love it," says Meyrick. "(Co-driver) Katherine (Legge) and I call it our little baby."

You'd think those closely-spaced front tires aren't going to give you much cornering bite, but you'd be wrong. Meyrick says it's actually a pleasure to drive, mostly because it's so light.

"It changes direction easily, and you don't get the huge weight distribution and subsequent pitch in the



Bird's eye view of DeltaWing.

car. So (you) just have to get used to how it feels. Very nimble. And with low drag we keep accelerating all the way down the straightaway."

Racing DeltaWing is certainly challenging in one regard — it's still a work in progress, and in need of constant development. But Meyrick says the team enjoys the challenge and believes the process ultimately makes the team and the car stronger. It looks different, but Meyrick notes that many of history's greatest racecars have also challenged conventional views — it's what they do.

"DeltaWing really challenges the way we go racing," says Meyrick.

So while DeltaWing may now challenge our conception of a go-fast car, who knows how "normal" it might become in the future. Notes Meyrick: "The numbers speak for themselves and the fans love it."

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FOR\$99 BI-WEEKLY^{*} @ 4.99% FOR 60 MONTHS WITH \$3,669 DOWN2013 Dodge Grand Caravan Crew Plus shown.[§]

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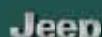
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LEASE
FOR\$99 BI-WEEKLY^{*} @ 4.99% FOR 60 MONTHS WITH \$4,649 DOWN2013 Dodge Journey R/T AWD shown.[§]^{*}Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098 and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.LESS FUEL. MORE POWER. GREAT VALUE.
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Less Fuel. More Power. Great Value is a comparison between the 2013 and the 2012 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. See retailer for additional EnerGuide details. [‡]2013 Dodge Grand Caravan Canada Value Package - Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). 2013 Dodge Journey 2.4 L with 4-speed automatic - Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG). Wise customers read the fine print: €, ≤, *, ♦, 0. § The Trade In Trade Up Summer Clearout Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after July 11, 2013. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,595 – \$1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes license, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. €\$10,275 in Total Discounts are available on the new 2013 Dodge Grand Caravan SXT model and consist of \$7,000 Consumer Cash Discount and \$3,275 in Ultimate Family Package Savings. See your retailer for complete details. [†]Ultimate Family Package Discounts available at participating retailers on the purchase/lease of a new 2013 Dodge Grand Caravan SXT with Ultimate Family Package (RTKH53296). Discount consists of: (i) \$2,500 in Bonus Cash that will be deducted from the negotiated price after taxes; and (ii) \$775 in no-cost options that will be deducted from the negotiated price before taxes. Some conditions apply. See your retailer for complete details. ^{*}\$19,995 Purchase Price applies to the new 2013 Dodge Grand Caravan Canada Value Package (296) and includes \$8,100 Consumer Cash Discount. \$19,995 Purchase Price applies to the new 2013 Dodge Journey Canada Value Package (22F) only and includes \$2,000 Consumer Cash Discounts. "Consumer Cash Discounts are offered on select 2013 vehicles and are deducted from the negotiated price before taxes. [¶]4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2012, 2013 and 2014 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Retailer may lease for less. See your retailer for complete details. [®]2013 Dodge Grand Caravan Canada Value Package (29E)/2013 Dodge Journey Canada Value Package (22F) with a Purchase Price of \$19,995/\$19,995 leased at 4.99% over 60 months with \$3,669/\$4,649 down payment, equals 130 bi-weekly payments of \$99/\$99 with a cost of borrowing of \$3,518.80/\$3,245.60 and a total obligation of \$14,610.70/\$14,589.90. 22,000 kilometre/year allowance. Charge of \$0.18 per excess kilometre. Some conditions apply. [©]Ultimate Journey Package Discounts available at participating retailers on the purchase/lease of a new 2013 Dodge Journey R/T with Ultimate Journey Package (JCE549 28X with AGV, AV1, AS4, GWG). Discount consists of: \$2,500 in Bonus Cash that will be deducted from the negotiated price after taxes; and (ii) \$1,125 in no-cost options that will be deducted from the negotiated price before taxes. Some conditions apply. See your retailer for complete details. [§]2013 Dodge Grand Caravan Crew Plus shown. Price including applicable Consumer Cash Discount: \$31,940. 2013 Dodge Journey R/T AWD shown. Price including applicable Consumer Cash Discount: \$31,640. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. ^{**}Based on 2013 Ward's Middle Cross Utility segmentation. ^{††}Jeep is a registered trademark of Chrysler Group LLC. ^{‡‡}The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.



Horoscopes

Aries

March 21 - April 20

Don't reveal too much about what you are planning. Certain things should remain a secret, no matter how much you might want friends to know. Don't clam up completely but be careful what you say.

Taurus

April 21 - May 21

As Venus, planet of love and beauty, is moving through the most dynamic area of your chart, you can be sure that opportunities to be creative and to have fun will come thick and fast. Don't ignore them.

Gemini

May 22 - June 21

Family problems are not nearly as bad as you think. A little more understanding on your part will go a long way towards healing emotional rifts.

Cancer

June 22 - July 23

There is something you need to let go of, something that has become a burden. What that something is only you know for sure but now is the time to get rid of it. You will feel an incredible sense of release.

Leo

July 24 - Aug. 23

Sit back and marvel at all the wonderful things that come your way. Even when you do have to make an effort, helpful activity in the money area of your chart will make it easy for you to turn ideas into cash.

Virgo

Aug. 24 - Sept. 23

You want to indulge, and there is no reason why you should not. Take care you don't indulge to an extent that leaves nothing to yearn for tomorrow. You can have too much.

Libra

Sept. 24 - Oct. 23

If you are happy on the inside you will be happy on the outside, so think only loving, happy thoughts over the next 24 hours. Look on the bright side in everything you do.

Scorpio

Oct. 24 - Nov. 22

If someone offers you something you have been craving, take it. There's no catch involved. They simply want to do something that makes your life more exciting.

Sagittarius

Nov. 23 - Dec. 21

Someone in authority has taken a liking to you and will go out of their way to smooth your path to success. You don't have to do anything special, just carry on doing what you've been doing recently.

Capricorn

Dec. 22 - Jan. 20

You have so much to look forward to, so much to be happy about, so try to be a bit more relaxed. Sometimes you can be a bit too serious, a bit too tense. Lighten up. Life is supposed to be enjoyed.

Aquarius

Jan. 21 - Feb. 19

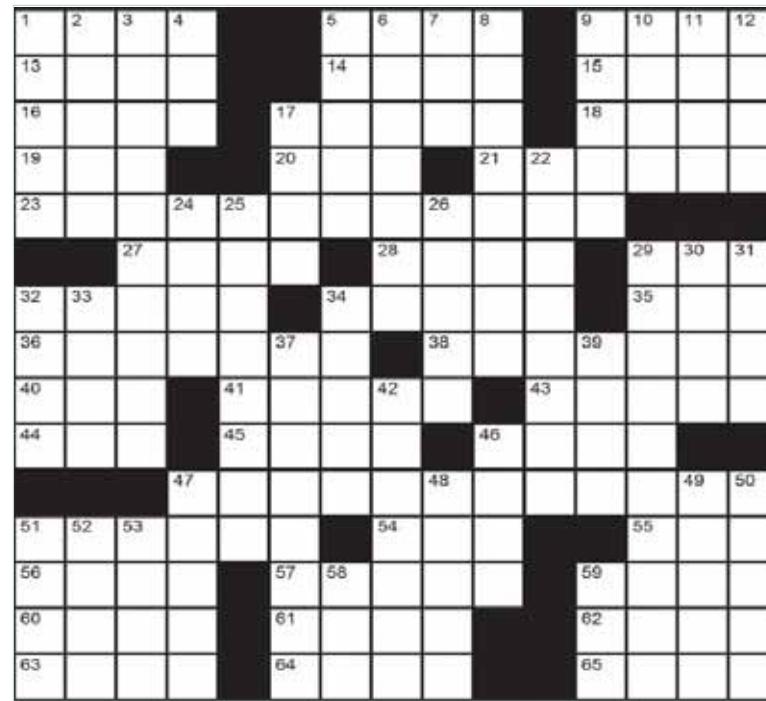
Good news about your financial situation is not far. So stop worrying about dollars and cents. Money will come to you when you most need it, from sources old and new.

Pisces

Feb. 20 - March 20

You may not want to ask for assistance but you know you must. With Venus now moving through the partnership area of your chart, you will get all the help you need — and then some. **SALLY BROMPTON**

Crossword: Canada Across and Down



Across

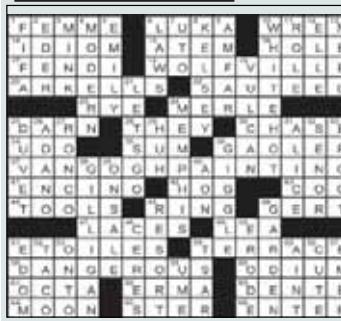
1. Golden sunburst beams
5. Commissioner Gordon's force in comics [acronym]
9. Green hue
13. "I had no _____. (Really?)
14. Mixture
15. S-shaped moulding
16. Period of calmness
17. Was a bee, used its pain-inflicter
18. River of Russia
19. M's spelled-out preceder
20. Friend: French
21. Actress Gail
23. TSX company identifiers: 2 wds.
27. Problems
28. Fuss
29. Eating-spot-with-trays, for short
32. Eucharist bread plate
34. Poet of ancient Greece
35. Whoopi Goldberg's Oscar-winning role, __ Mae Brown
36. Movie poison
38. More concise
40. __-Mex (Cuisine style)
41. Zodiac creatures
43. Bid
44. __ Lanka
45. Actress Ms. Hudson
46. Bigger than big
47. Rocky Mountain ledge grazer which is Alberta's provincial mammal: 2 wds.
51. Sound system sort
54. Midweek day, for short
55. Street surfacing
56. Psychedelic light, __ lamp
57. Eggs: French

59. Fury
60. Prayer sign-off
61. Egypt's river
62. Title-starter of a Shakespeare play
63. Grand __, ON
64. Pretoria's locale, __
65. Labouriously makes a living

- Down
1. Gets to
2. Music genre, __ Contemporary
3. Joni Mitchell song: "Big ____"
4. Mr. Mineo
5. George Harrison hit: "____ Mind Set on You"
6. __-fame

7. Debit card holder's li'l code
8. Well-intentioned sort
9. Days: French
10. Taj Mahal's site
11. Exhausted
12. Moray-like
17. Back talk
22. Canada, __ and Free

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	3	4	5	2	8	9	1	7
2	1	5	7	9	6	8	3	4
8	7	9	1	3	4	6	2	5
4	6	3	9	7	2	1	5	8
1	5	8	6	4	3	7	9	2
7	9	2	8	5	1	4	6	3
9	4	1	3	8	5	2	7	6
3	2	7	4	6	9	5	8	1
5	8	6	2	1	7	3	4	9

2								3
6	1	9	5	2	8			
9			5				3	
6								1
3			4				7	
4	2	5	8	7	1			
2		7						
8								9



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✓ Sirius XM™ Radio with Bluetooth®
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\$3,500 PRICE ADJUSTMENT^a, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

2013 GENESIS COUPE



3.8L GT model shown

~~\$28,200~~ **NOW \$24,700***

\$3,500 IN PRICE ADJUSTMENTS^a

WELL EQUIPPED: ✓ 274 Hp*
✓ 2.0T I4 CVVT DOHC Engine
✓ Air Conditioning
w/Automatic Climate Control

SELLING PRICE: \$24,700* GENESIS COUPE 2.0T 6-SPEED MANUAL.
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2013 VELOSTER



Tech. model shown

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\$3,000 IN PRICE ADJUSTMENTS^a

WELL EQUIPPED: ✓ 7" Touchscreen Multimedia System with Rearview Camera
✓ 3rd Door for Passenger Access
✓ Rear Parking Assist System

SELLING PRICE: \$18,330* VELOSTER 6-SPEED MANUAL.
\$3,000 IN PRICE ADJUSTMENTS^a, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

2013 SANTA FE 2.4L FWD



Limited model shown

~~\$28,295~~ **NOW \$26,395***

\$2,000 IN PRICE ADJUSTMENTS^a

WELL EQUIPPED: ✓ Vehicle Stability Management w/ESC & Traction Control System
✓ Heated Front Seats
✓ Active Eco System

SELLING PRICE: \$26,395* SANTA FE 2.4L FWD AUTO.
\$2,000 IN PRICE ADJUSTMENTS^a, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

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